

Are the Foods You Eat Making You Sick?



By Sarika Arora, MD

Did you know that certain foods you eat can cause fatigue, joint pain, and stomach upset?

Almost everyone has problems digesting a few foods, which then can become a trigger for the immune system to attack the foods as toxins – hence the discomforting symptoms. This immune reaction can cause gastrointestinal imbalance or “leaky gut”

also known as intestinal permeability. Think of a healthy gut as a brick wall. Healthy intestinal lining consists of a layer of closely spaced cells of tight junctions covered by a mucosal layer. Its function is to allow good nutrients to enter the blood stream and filter toxins and allergens. The “leaky gut” scenario is more like a stone wall where excess toxins cause gaps to form in the intestinal lining, allowing toxins to enter the blood stream.

The most common culprits are dairy, gluten, yeast, and soy. Many people are triggering inflammation without realizing it by eating these foods. Dairy products are notorious phlegm producers and are associated with sinusitis and abdominal discomfort. In addition, both gluten (the binding protein in wheat, barley, and oats) and casein (found in dairy products) produce opiate-like substances called exomorphins that can lead to addiction and behavior disturbance.

If you are symptomatic, what can you do? Start by eliminating dairy and

gluten for at least three weeks. You can have almond, rice, or coconut milk as a substitute for dairy. Gluten-free grains include brown rice, millet, quinoa, and amaranth. Focus on eating nutrient-dense fruits like blueberries and strawberries. Eat unlimited quantities of greens such as spinach, kale, and broccoli, and consume organic lean

meats and legumes for protein. This will allow your gut and immune system to heal. Ideally, you should consult your practitioner for guidance as to when and how to reintroduce these foods back into your diet.

Give yourself the gift of building health!

“As I see it, every day you do one of two things: build health or produce disease in yourself.”

-Adelle Davis, renowned nutritionist, author, and visionary



It's Time To Get Moving!



**By Anne Marie Dunne, PT
Rehab at Home**

The winter is done and the weather is definitely warmer so now is the perfect time to plan to increase your level of activity. It is very easy and comfortable to stay inside and stay sedentary during the winter months but this is not what our bodies need. Virtually all of our bodily

processes need exercise to function properly; our respiratory, cardiac, circulatory, digestive and musculoskeletal systems all need physical activity to function at their optimum level. And exercise is good for our mental health as well! It can relieve stress, promote relaxation and improve our overall feeling of well being.

So, how to get started?

Take it slow and in small steps. Start with small changes in your routine - for instance park further away from the store when doing errands to get a short walk in. You can do simple exercises while standing at the sink of going up on your toes and back down, little squats (bending hips and knees slightly while standing up straight), marching in place are all small steps that can help

strengthen your muscles.

Get outside and do some light yard work; the bending and lifting activities use lots of muscles, burn calories and work your cardiac and respiratory systems. Who knows, you might even see a neighbor or two!

Plan a walking program, start with 15 minutes per day and gradually work up to 30 minutes. You can then add small weights to carry to work on upper body strength while walking. Plan a safe and scenic route and invite a friend to help work on that stress level!

There are lots of ways to increase your level of activity which will benefit you in so many ways. As always, consult with your physician before starting any exercise program. Now get out there and get moving!

